

MATRIX MODEL FIDELITY STUDY WORKSHEET
MINUTE-BY-MINUTE ELEMENTS
(Found in Either the RP Group Or in the ERS Group)

Rater: _____ Date of Rating: _____ Site/Therapist: _____ Date of Tape: _____

				<i>The majority of the time</i>	Present	Absent
CONTENT (Adherence to Model)	Critical Elements	Cognitive-behavioral references <i>At least one of the following:</i>	<ul style="list-style-type: none"> Accurate teaching (giving clients information that is based on the literature rather than belief system) Exploring high-risk situations (situations with high-risk potential of relapsing/triggering) Discussing behaviors vs. attitudes (focus on changing behavior) 			
		12-Step references	<ul style="list-style-type: none"> Having a good understanding of the 12-step terminology and talking about it in some context during group 			
		Use of Matrix materials <i>At least one of the following:</i>	<ul style="list-style-type: none"> Referencing topics from other sessions Using Matrix terminology correctly (demonstrating an ability to integrate Matrix concepts) 			
	Undesired Elements	Process commentary	<ul style="list-style-type: none"> The process comments are the focus of the group 			
				<i>The majority of the time</i>	Present	Absent
STYLE (Consistent with philosophy of model)	Critical Elements	Positive reinforcement <i>At least one of the following:</i>	<ul style="list-style-type: none"> Cheerleading, coaching Encouraging 			
		Active listening	<ul style="list-style-type: none"> Reflecting, reframing, redirecting, etc. 			
		Use of humor	<ul style="list-style-type: none"> Therapist uses some amount of humor (as not to disrupt group process) 			
	Undesired Elements	Self-disclosure	<ul style="list-style-type: none"> Therapist's own experience is the focus of the session 			